

Recovery makes it possible for people to:*



Feel better emotionally and physically



Have time to do things they enjoy



Improve their quality of life



Experience less stress

"I am living proof that treatment works and recovery is possible. Each day of recovery, I feel victorious with much gratitude."

MARTIN MILLER

Counselor, Adcare Hospital of Worcester
Worcester, MA

EM
INNINGS
MENT
PTANCE
INVOLVEMENT
ADVANTAGE
ME
LOVE
HOPE
GROWTH
NEW BEGINNINGS
FULFILLMENT
LOVE
CELEBRATE
LIFE
ADVANTAGE
LEADER
GUIDE
TRUMP
ME
FAITH
RESPONSIBLE
LOVE
PEACE
FAITH
STRENGTH
SPIRIT

TREATMENT AND RECOVERY: WHY IT'S WORTH IT

Treatment is one of many pathways to achieve recovery from behavioral health conditions, which include mental, substance use, and co-occurring disorders. In 2010, 23.1 million people aged 12 or older needed treatment for an illicit drug or alcohol use problem (9.1 percent of people aged 12 or older). Of these, 2.6 million (1 percent of people aged 12 or older and 11.2 percent of those who needed treatment) received treatment at a specialty facility.¹ Moreover, among 45.9 million Americans aged 18 and older who experienced any mental illness, just 17.9 million received mental health treatment.² Recovery support services provide individuals recovering from behavioral health conditions with the guidance and assistance to maintain and sustain their recovery.

The 23rd annual **National Recovery Month (Recovery Month)** observance this September, sponsored by the **Substance Abuse and Mental Health Services Administration (SAMHSA)**, within the **U.S. Department of Health and Human Services (HHS)**, will celebrate the effectiveness of treatment services and the reality of recovery.

This year's **Recovery Month** theme, **"Join the Voices for Recovery: It's Worth It,"** emphasizes that while the road to recovery may be difficult, the benefits of preventing and overcoming mental and/or substance use disorders are significant and valuable to individuals, families, and communities. People in recovery achieve healthy lifestyles, both emotionally and physically, and contribute in positive ways to their communities. They also prove to family members, friends, and others that prevention works, treatment is effective, and people recover.

This document highlights treatment and recovery options for people with mental and/or substance use disorders – particularly for adolescents and young adults. It also discusses the importance of addressing co-occurring disorders and the benefits of recovery.

Choose the Most Appropriate Treatment and Recovery Option

Because a wide range of treatment and recovery support options exist, it's important to find what works best for you or your loved ones who need help. Remember that treatment and recovery are ongoing – it's a process that unfolds over time, rather than a time-limited "event."³ No single treatment option is effective for everyone; generally, each person will need a customized treatment plan that includes goals and treatment activities designed to help achieve and sustain recovery, and plans may need to be assessed continually and modified as necessary during the road to recovery.^{4, 5, 6}

Information on common treatment options for mental and/or substance use disorders is presented below.

Treatment and Support Services for Mental Health Problems

Between 70 and 90 percent of individuals with mental health problems have significant reduction of symptoms and improved quality of life with a combination of medication, therapy, and additional support.⁷ As with other chronic illnesses, individuals who seek treatment and recovery support services for mental health problems learn new life skills and go on to live healthy, empowered, and productive lives.

Treatment and support services for mental health problems include:

- **Psychotherapy:** Includes cognitive behavioral therapy, psychoanalysis, family-focused therapy, dialectical behavior therapy, and interpersonal therapy.
- **Medication therapy:** Does not cure mental health conditions, but can help people feel better and maintain normal daily routines. Medication should be taken as prescribed, and under the supervision of a health care professional.⁸
- **Support groups:** Groups led by peers, mental health professionals, or specialty organizations that provide a forum for people to find support and common ground with others experiencing similar conditions.⁹

Treatment and Recovery Support Services for Substance Use Disorders

Half of all adults over age 18 know someone in recovery from an addiction to alcohol, illicit drugs, or prescription drugs.¹⁰ Individuals with an alcohol or drug dependency need to acknowledge their problem; reach out to family, friends, or health care professionals for help; and receive treatment. The following options are available:

- **Inpatient treatment programs:** Hospital-based rehabilitation units, inpatient residential programs, and therapeutic communities.
- **Outpatient treatment programs:** Individual counseling, medication-assisted treatment, family counseling, and group therapy.
- **Recovery support services:** Peer-to-peer support programs, mutual support groups, faith-based support groups, and recovery schools.
- **Online support groups:** E-therapy services, recovery chat rooms/forums, blogs, and social networking sites.

Consider the Benefits of Embracing Recovery

The recovery journey, while unique for every individual, can be defined as a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.¹¹ When suffering from a mental or substance use disorder, a person might feel a loss of control. The first step to recovery is taking back control by making changes to improve one's life. Lifestyle changes during and after treatment to support one's recovery may include ending dysfunctional relationships in lieu of healthier ones, resolving personal problems, eating healthier, and getting enough rest and exercise. By taking control and making a commitment to recovery, it is possible for people to feel better emotionally and physically, have time to do the things they enjoy; experience less stress, and improve their overall quality of life.¹²

Understand Mental and/or Substance Use Disorders Among Adolescents and Young Adults

During transitional periods from one developmental stage to another, such as entering high school or leaving home for college, adolescents and young adults are at a higher risk of developing substance use disorders.¹³ Additionally, half of all mental, emotional, and behavioral disorders are diagnosed by age 14 and three-fourths were diagnosed by age 24,¹⁴ which further underscores the critical nature of this time period. Providing adolescents and young adults with treatment designed specifically for their age group significantly reduces substance use and improves psychological outcomes, as well as school performance.¹⁵ Support and encouragement from family and friends can have a profound impact on an individual's recovery.

Below are other important qualities of a comprehensive treatment plan.¹⁶

- Targeted sessions that address large issues such as trauma, victimization, or depression;
- Mental health services that further assess the condition and include medication management;
- Substance use sessions that approach adolescents at the appropriate level of social and cognitive development;
- Family programming, including parent education, family counseling, and home visits;
- Recovery support services such as transportation, case management, and coordination of care;
- Comprehensive health care, including treatment for sexually transmitted diseases or other conditions such as asthma/respiratory problems; and
- Recreational activity and exposure to activities not involving drugs or alcohol.

Address Co-Occurring Disorders

A co-occurring disorder means an individual has both a substance use disorder and a mental health condition, such as depression, anxiety, or bipolar disorder, for example.¹⁷ About half of individuals with a severe mental disorder are also affected by substance abuse.¹⁸ Both mental and/or substance use disorders are long-term conditions, so treatment for a co-occurring disorder may take place over an extended period of time.¹⁹ By receiving coordinated, combined, or integrated treatment from the same clinician or treatment team, those with co-occurring disorders have a much better chance of long-term recovery.²⁰

Additional Recovery Resources

A variety of resources provide additional information on **Recovery Month** and mental, substance use, and co-occurring disorders, as well as prevention, treatment, and recovery support services. The toll-free numbers and websites below are available for people to share their experiences, learn from others, and seek help from professionals. Through these resources, individuals can interact with others and find support on an as-needed, confidential basis.

- **SAMHSA Website (<http://www.samhsa.gov>)** – Leads efforts to reduce the impact of mental and/or substance use disorders on communities nationwide.
- **SAMHSA's National Helpline, 1-800-662-HELP (4357) – or 1-800-487-4889 (TDD)** – Provides 24-hour, free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.
- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Website (<http://www.samhsa.gov/treatment>)** – Contains information about treatment options and special services located in your area.
- **SAMHSA's "Co-Occurring Disorders" Website (<http://www.samhsa.gov/co-occurring>)** – Contains information on co-occurring disorders, treatment, issues, and facts.

FILLMENT
URAGE
PPORT
LBRIETY
FAMILY
EMPOWERMENT
LOVE
ACHIEVEMENT
ME
CHANGE
INVOLVEMENT
HAPPINESS
GRATITUDE
SUPPORT
TRIUMPH
ELATION
GROW

Treatment And Recovery

- **National Suicide Prevention Lifeline, 1-800-273-TALK (8255)** – Provides a free, 24-hour helpline available to anyone in suicidal crisis or emotional distress.
- **Treatment 101: Recovery Today** – Part of SAMHSA's Road to Recovery **Television** and **Radio** series that examines many aspects of treatment and recovery.
- **Psychology Today's Therapy Directory (<http://therapists.psychologytoday.com/rms>)** – Allows users to locate a therapist, psychologist, or counselor who specializes in mental health problems by city or zip code throughout the United States.
- **Mental Health America (<http://www.mentalhealthamerica.net>)** – Offers resources about the realities of mental health and mental illness.
- **RecoverForever.com (<http://www.recoverforever.com>)** – Offers live online support and contains an abundance of resources on alcohol and drug treatment services that are searchable by State.
- **Alcoholics Anonymous (<http://www.aa.org>)** and **Narcotics Anonymous (<http://www.na.org>)** – Contains an array of resources for individuals suffering from alcohol or drug dependence, respectively, and allows them to find and join a local chapter.
- **Al-Anon/Alateen Family Groups (<http://www.al-anon.alateen.org>)** – Provides support groups for families and friends of people with alcohol problems.
- **Nar-Anon (<http://www.nar-anon.org>)** – Offers a community for family members to share experiences related to substance use disorders.

For a longer version of this guide, please visit <http://www.recoverymonth.gov>, locate the "**Recovery Month Kit**," and click on the "**Targeted Outreach**" link. Information about treatment options and special services in your area can be found by calling **1-800-662-HELP (4357)** or 1-800-487-4889 (TDD), as well as at <http://www.samhsa.gov/treatment>.

Inclusion of websites and resources in this document and on the *Recovery Month* website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

Sources

- 1 Substance Abuse and Mental Health Services Administration, *Results from the 2010 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-41, HHS Publication No. (SMA) 11-4658. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2011, p. 6.
- 2 Substance Abuse and Mental Health Services Administration, *Results from the 2010 National Survey on Drug Use and Health: Mental Health Findings*, NSDUH Series H-42, HHS Publication No. (SMA) 11-4667. Rockville, MD: Substance Abuse and Mental Health Services Administration 2012, p. 1.
- 3 Laudet, A. & White, W. (2008). Recovery Capital as Prospective Predictor of Sustained Recovery, Life satisfaction and Stress among former poly-substance users. *Substance Use & Misuse*. 43(1), 27–54. Retrieved September 20, 2011 from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2211734/pdf/nihms10607.pdf>, p. 1.
- 4 Center for Substance Abuse Treatment. (2004). *What Is Substance Abuse Treatment? A Booklet for Families*. DHHS Publication No. (SMA) 04-3955. Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved October 10, 2011 from <http://kap.samhsa.gov/products/brochures/pdfs/WhatIsTx.pdf>, pp. 5-6.
- 5 Substance Abuse and Mental Health Services Administration (SAMHSA). (2010). *The N-SSATS Report: Clinical or Therapeutic Approaches Used by Substance Abuse Treatment Facilities*. Office of Applied Studies. Rockville, MD: SAMHSA. Retrieved September 20, 2011 from <http://www.oas.samhsa.gov/2k10/238/238ClinicalAp2k10Web.pdf>, p. 1.
- 6 National Institute on Drug Abuse. (2009, September). *NIDA InfoFacts – Treatment Approaches for Drug Addiction*. Retrieved September 20, 2011 from http://www.drugabuse.gov/PDF/InfoFacts/IF_Treatment_Approaches_2009_to_NIDA_92209.pdf, p. 2.
- 7 National Alliance on Mental Illness. (2010, January). *The High Costs of Cutting Mental Health: Mental Illness and the Workplace*. Retrieved September 20, 2011 from http://www.nami.org/Content/NavigationMenu/State_Advocacy/About_the_Issue/Workplace.pdf, pp. 1-2.
- 8 National Institute of Mental Health. (n.d.). *Mental Health Medications*. Retrieved September 20, 2011, from <http://www.nimh.nih.gov/health/publications/mental-health-medications/complete-index.shtml#pub1>.
- 9 Mental Health America. (n.d.). *How Do I Find a Local Support Group?* Retrieved September 20, 2011 from http://www.mentalhealthamerica.net/go/find_support_group.
- 10 Office of Communications, Substance Abuse and Mental Health Services Administration (SAMHSA). (2008). *Fact Sheet CARAVAN® Survey for SAMHSA on addictions and recovery*. Rockville, MD: Office of Communications, SAMHSA. Retrieved September 1, 2011 from http://www.samhsa.gov/Attitudes/CARAVAN_Factsheet.pdf, p. 2.
- 11 SAMHSA Blog. (2011). *SAMHSA's Definition and Guiding Principles of Recovery – Answering the Call for Feedback*. December 22. Retrieved January 11, 2012 from <http://blog.samhsa.gov/2011/12/22/samhsa%E2%80%99s-definition-and-guiding-principles-of-recovery-%E2%80%93-answering-the-call-for-feedback>.
- 12 Center for Mental Health Services (CMHS). (2002). *Recovery and Wellness Lifestyle – A Self-Help Guide*. HHS Publication No. (SMA-3718). Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved September 20, 2011 from <http://store.samhsa.gov/shin/content/SMA-3718/SMA-3718.pdf>, p. 3.
- 13 National Institute on Drug Abuse. (n.d.) *Preventing Drug Abuse among Children and Adolescents*. Retrieved January 11, 2012 from <http://drugabuse.gov/prevention/risk.html>, p. 9.
- 14 National Academy of Sciences. (March 2009). *Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities*. Retrieved September 1, 2011 from <http://www.iom.edu/~media/Files/Report%20Files/2009/Preventing-Mental-Emotional-and-Behavioral-Disorders-Among-Young-People/Preventing%20Mental%20Emotional%20and%20Behavioral%20Disorders%202009%20%20Report%20Brief%20for%20Policymakers.pdf>, p. 1.
- 15 Physician Leadership on National Drug Policy. (2002). *Adolescent Substance Abuse: A Public Health Priority*. Retrieved September 20, 2011 from <http://www.brown.edu/Departments/PLNDP/Resources/adolescent.pdf>, p. 37.
- 16 Ibid, p. 32.
- 17 HelpGuide: A Trusted Non-Profit Resource. (n.d.). *Overcoming Alcohol And Drug Addiction While Coping With Depression Or Anxiety*. Retrieved September 20, 2011 from http://helpguide.org/mental/dual_diagnosis.htm.
- 18 National Alliance on Mental Illness. (n.d.). *Mental Illness: Dual Diagnosis and Integrated Treatment of Mental Illness and Substance Abuse Disorder*. Retrieved October 12, 2011 from http://www.nami.org/Template.cfm?Section=By_Illness&Template=/Tagged-Page/TaggedPageDisplay.cfm&TPLID=54&ContentID=23049.
- 19 Center for Substance Abuse Treatment. (2005). *Quick Guide For Mental Health Professionals: Based on TIP 42 Substance Abuse Treatment for Persons With Co-Occurring Disorders*. (HHS Pub. No. (SMA) 10-4531). Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved September 20, 2011 from http://kap.samhsa.gov/products/tools/cl-guides/pdfs/QGMHP_TIP42.pdf, p. 7.
- 20 Center for Mental Health Services (CMHS). (2003). *Co-Occurring Disorders: Integrated Dual Disorders Treatment – Information for Families and Other Supporters*. Substance Abuse and Mental Health Services Administration's (SAMHSA). Retrieved September 20, 2011 from <http://www.nebhands.nebraska.edu/files/IntegratedTreatmentFamilies.pdf>, p. 2.
- * Center for Mental Health Services (CMHS). (2002). *Recovery and Wellness Lifestyle—A Self-Help Guide*. HHS Publication No. (SMA-3718). Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved September 20, 2011 from <http://store.samhsa.gov/shin/content/SMA-3718/SMA-3718.pdf>, p. 3.

National
Recovery Month

Prevention Works • Treatment is Effective • People Recover

september 2012

5

FILLMENT
URAGE
PPORT
LLBRIETY
FAMILY
EMPOWERMENT
LOVE
ACHIEVEMENT
ME
CHANGE
INVOLVEMENT
HAPPINESS
GRATITUDE
STRENGTH
SUPPORT
TRIUMPH
ELATION
GROW

Treatment And Recovery